



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE STUDIO A

MAY 1 – JUNE 4

Please note: Instructor schedule is subject to change.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	Body Step 45 minutes Melcus CANCELED 29	Power Sculpt 45 minutes Beth	Body Step 45 minutes Melcus	Body Pump 45 minutes Sarah			
8:30 am	Fusion CYCLE STUDIO & STUDIO A 1 hour Janni 1, 15 Bailey 8, 22 CANCELED 29	Cycle CYCLE STUDIO 45 minutes Steph Bailey 30	Fusion Express CYCLE STUDIO & STUDIO A 45 minutes Janni	Power Sculpt 45 minutes 8:45-9:30 Bailey 4 Angela B.	Cross Train 45 minutes 9:00-9:45 Bailey 5 Angela B.	Weekend Warrior 1 hour Carole 6 Taylor	
9:30 am	Pilates Mix 1 hour Janni CANCELED 29	Body Pump 1 hour Lisa	Barre STUDIOS A & B 9:15-10:15 Janni	Cross Train RUSH 30 minutes Bailey 4, 18 Angela B. 11, 25 Melissa 6/1		Body Pump 1 hour Melissa 6, 27 Carole 13, 20 Ginger 6/3	
10:30 am	Moderate Fit 10:30-11:30 Nancy Stretch It! 11:30-11:45 CANCELED 29	Zumba 10:35-11:35 Corinne 2, 16, 30 Wynne 23 MODERATE FIT Holly 9	Moderate Fit 1 hour Grace	Zumba 1 hour NEW CLASS! Wynne	Moderate Fit 10:30-11:30 Nancy Stretch It! 11:30-11:45	Body Flow 1 hour Meg Janni 6/3	Body Pump 1:15-2:15 Carole 7, 6/4 Melissa 14, 21 Ginger 28
12:15 pm		Body Pump 45 minutes Lieseбет		Body Pump 45 minutes Lisa Angela E. 18			Body Step 45 minutes 2:15-3:00 Melcus 7, 14, 28 Melissa 21, 6/4
4:30 pm	Cross Train RUSH Karen L. CANCELED 29	Body Pump 1 hour Cheryl 2, 16 Susan 9, 23, 30	Cross Train RUSH 30 minutes Ginger	Body Pump 45 minutes Bobby Ginger 25	Body Pump 1 hour Bobby 5, 26 Ginger 12, 19 Melissa 6/2		Yoga 1 hour Erica
5:00 pm	Cross Train RUSH 30 minutes Karen L. CANCELED 29		Cross Train RUSH 30 minutes Ginger		<h1 style="text-align: center;">SPRING INTO FITNESS! TAKE A GROUP EXERCISE CLASS!</h1>		
5:30 pm	Body Pump 45 minutes Melissa 1 Bobby 8, 15 Carole 22 CANCELED 29	Body Step 45 minutes Ginger 2 Melissa 9, 16, 23 Susan 30	Body Pump 45 minutes Susan 3 Cheryl 10 Carole 17 Bobby 24, 31	Cardio Jam 45 minutes Karen L. Ginger 18			
6:15 pm	Cardio Jam 6:30-7:15 Paula CANCELED 29	CXWORX 6:30-7:00 Janni	Body Step EXPRESS 30 minutes Melissa 3, 10 Susan 17, 24, 31	Body Pump 1 hour Carole			
7:00 pm		Zumba 45 minutes Paula Ginger 23					



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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am		Go Lo PLUS 1 hour Robbin Holly 9	Barre STUDIOS A & B 9:15-10:15 Janni	Go Lo 45 minutes Holly 4, 11 Robbin 18, 25, 6/1	Yoga 1 hour Siobhan		
9:30 am						Barre 45 minutes Meg 6 Erica 13, 20, 27 Janni 6/3	
10:00 am	Zumba Gold 45 minutes Corinne 1, 15 GO LO Holly 8, 22 CANCELED 29	Body Flow 1 hour Janni	Yoga 1 hour Becky	Body Flow 1 hour Angie CardiYoLates Erica 18	Zumba Gold 45 minutes Corinne 5, 19, 6/2 GO LO Angela B. 12 Holly 26		
4:30 pm				Body Flow 1 hour Janni 4, 11 Meg 18, 25, 6/1	<p style="text-align: center;">SPRING INTO FITNESS! TAKE A GROUP EXERCISE CLASS!</p>		
5:00 pm	CXWORX 30 minutes Meg CANCELED 29						
5:30 pm	Body Flow 1 hour Meg CANCELED 29		CXWORX 30 minutes Melissa 3, 17 Sarah 10, 24 Susan 31	CXWORX 30 minutes Susan 11, 25, 6/1 CORE Ginger 4 Karen L. 18			
6:15 pm	Barre 6:30-7:15 45 minutes Janni CANCELED 29		Barre 45 minutes Corinne 3, 17, 31 Erica 10 Angela B. 24	Cardio Kick 45 minutes Ginger 4 Karen L. 18 Susan 11, 25, 6/1			
7:00 pm			Yoga 1 hour Gail				



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GROUP EXERCISE CYCLE STUDIO

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	Cycle 45 minutes Karen C. CANCELED 29		Fusion Express CYCLE STUDIO & STUDIO B 45 minutes Deidre		Cycle 45 minutes Beth		
7:45 am						Cycle 45 minutes Angela E. 6, 13 Bailey 20, 27 Beth 6/3	
8:30 am	Fusion 1 hour Janni 1, 15 Bailey 8, 22 CANCELED 29	Cycle 45 minutes Steph Bailey 30	Fusion Express CYCLE STUDIO & STUDIO A 45 minutes Janni				
12:15 pm	Cycle 45 minutes Michael CANCELED 29		Cycle 45 minutes Steph		Cycle 45 minutes Lieseбет Angela E. 26		
5:30 pm	Cycle 45 minutes Annette 1, 22 Rochelle 8 Holly 15 CANCELED 29						
6:00 pm			Cycle Challenge 1 hour Rochelle 3, 17, 31 Susan 10 Bailey 24		SPRING INTO FITNESS! TAKE A GROUP EXERCISE CLASS!		